



Purpose of Wellness Monitoring: The primary goal of wellness monitoring is to evaluate fatigue, recovery, readiness, and the effectiveness of training. This practice provides valuable insights for athletes and coaches, guiding them in making informed decisions about training adjustments and recovery strategies. Monitoring Progress: As competition approaches, improving wellness scores (e.g., from 64% to 84%) reflect a well-managed balance between training load and recovery. This improvement is often attributed to reduced training load and tapering, which help mitigate fatigue and optimize the athlete's physiological state and readiness for peak performance Feedback Systems: The wellness monitoring process can be supplemented by a "traffic light system" to report results, providing a visual and straightforward method for athletes and coaches to assess readiness and make necessary adjustments individual scores from the five categories, with a maximum possible score of 25. This total is then converted into a percentage by multiplying by four. Initial moderate scores often indicate elevated fatigue, especially during intensive training periods

Days before Fatigue Savecess Sieep Quality Stress



intensity during training sessions, such as drills or block starts. This evaluation is subjective sessions can facilitate discussions and provide a visual basis for assessment

data, such as video feedback, to provide a comprehensive understanding of the athlete's condition and performance. This integration helps in making informed decisions about



Mind Map Coaching

Accurate Approach